

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps.

# THE VIGILEER

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Aviano Air Base, Italy



Senior Airman Priscilla Robinson

## Luck be a lady

Airman Nicole Rivera basks in the glow of the limelight as members of the U.S. Air Force performance team "Tops in Blue" serenade her during a matinee performance Oct. 23 here. The 31st Communications Squadron member was pulled onto the stage during the show, which was the first matinee performed in U.S. Air Forces in Europe.

## Shuttle service keeps airmen safe

By Tech. Sgt. Dawn M. Harris  
31st Fighter Wing Public Affairs

After more than one year of focus groups and planning, the Airman Flyer shuttle bus sprouted its wings Labor Day weekend as another alternative to drinking and driving for Aviano members.

Since its inception, the shuttle bus provided more than 375 Aviano members a safe ride home and continues to be an alternative to drunk driving.

"We know people are going to drink," said Chief Master Sgt. Michael Mazzi, 31st Mission Support Group. "We want our people to be as responsible as possible and consider using this service as one of those ways of being responsible."

The shuttle bus runs Friday and Saturday nights and operates out of the Airman Against Drunk Driving office in the second floor

dayroom of Bldg. 219. The Airman Flyer begins service in Area Two at 10 p.m. From Area Two the shuttle goes to the Flightline Dorms for pick up, the Gammon, Cal Bar, Boobes and back to Area Two. Every two hours, until 4 a.m., the shuttle repeats the same route.

"We also include Manhattan's on Saturday night," said Senior Master Sgt. Lisa Minkos, 31st Logistics Readiness Squadron. "However, we're still in the process of establishing a sound route with built-in flexibility to add other establishments as necessary," said Mazzi.

An announcement is made every time the shuttle bus arrives to an establishment for potential riders to return to the base.

If people miss the shuttle bus arrival and can't wait for the return trip, Minkos suggests calling Airman Against Drunk Driving for a ride home. "AADD and the shuttle program work

## Good to know

- During the last 24 days, Aviano drivers were responsible for six major vehicle accidents with injuries and three drunk driving incidents. Because of these incidents, 31st Fighter Wing leadership has directed the implementation of RESCON Charlie. As a result, the Manhattan Club on SS13 and the Paradise in Grizzo di Montereale are off-limits until further notice. Alcohol consumption at all unit locations is prohibited and on-base alcohol purchases are restricted. Several speed traps and checkpoints will be in force in the Aviano area.

- It's the flu season and all servicemembers need to get their flu shots. The immunization clinic is open for vaccinations from 7:30 a.m. to 11:30 a.m. and 1 p.m. to 4:30 p.m. Mondays through Fridays. For more information about flu shots, see page 3.

- Brig. Gen. Mike Worden, 31st Fighter Wing commander, recently signed a policy letter saying parent-teacher conferences are to be considered official business. Commanders and supervisors are expected to not only permit, but encourage parents with school-age children to attend these conferences.

## LIGHTEN UP!!

Wear a reflective belt when in uniform in hours of darkness and inclement weather. Belts are available in unit orderly rooms.



See SHUTTLE, page 3

# Flu shot shields servicemembers from illness

By Gerry J. Gilmore

American Forces Press Service

At this time of year, clinics and hospitals can be swamped with people "bitten" by a nasty bug known as the influenza virus.

Getting the flu not only is an unpleasant experience, said Dr. David Tornberg, the deputy assistant secretary of defense for health affairs' clinical and program policy. It is also a potentially debilitating illness that can wreak havoc in large organizations like the U.S. military.

"It's very important that all active-duty personnel be vaccinated in order to prevent the consequences of influenza, which can just devastate our military," Tornberg said.

He said many servicemembers live in close-quarters environments such as barracks, which can help spread illnesses like the flu.

People with flu may be ill for several days, Tornberg said.

Symptoms can include a runny nose; a dry,

sore throat; cough; and fever and chills.

Rest and drinking plenty of fluids are two time-tested methods of treating the flu, he said. However, getting a yearly flu shot can prevent an occurrence of the illness or at least mitigate its effects.

Prevalent flu strains vary from year to year, Tornberg said. Therefore, Department of Defense and civilian health-care agencies monitor worldwide health trends to develop predictive models in determining the components "of the next flu outbreak," he said.

Anti-flu shot vaccines contain weakened flu viruses, Tornberg said. The administration of flu shots causes a person's body to develop antibodies programmed to combat any appearance of flu virus, thus providing a measure of immunization.

And this year there is plenty of flu vaccine to go around, Tornberg said.

Military family members should also get flu shots, including children 6 months or older,

Tornberg said. Older people should also be immunized against the flu as they can be particularly susceptible to the virus.

People who have weakened immune systems or who are allergic to eggs, from which flu shots are made, should not get flu shots, he said.

DOD health officials do not offer nasally administered flu immunizations because as a live virus, the vaccine must be provided in several doses in the nasal version, Tornberg explained. The syringe-administered flu shot is better for the time-pressed military because one shot provides immunity, he said.

People who are uncertain if they should get flu shots or nasal immunizations should consult with their physician, he said.

Annual immunization against the flu is a worthwhile endeavor since the virus can be dangerous, and in severe cases can result in pneumonia and respiratory failure, Tornberg said.

## Name the Bus Members can win prizes for naming shuttle service

Today marks the first day members of the Aviano community are eligible at a chance to win a JVC 21-inch color TV courtesy of the Aviano Base Exchange and a DVD player funded by the Aviano Thrift Shop.

ZFM, together with the 31st Fighter Wing Public Affairs Office, is conducting a "Name the Shuttle Bus" contest in an effort to name the current "Airmen Flyer" bus which provides a ride home to base members from local night clubs and establishments.

"It's very easy," says Tech. Sgt. Shawn Sprayberry, Det. 8, Air Force News Agency broadcast operations manager. "Just send an e-mail to ZFM with a possible name for the shuttle bus by Dec. 1. We'll decide on the winning name and announce it during the ZFM morning show Dec. 15."

"Submissions will be taken today through Dec. 1," said Tech. Sgt. Dawn M. Harris, 31st FW Public Affairs superintendent. "It's a great chance to win a very nice JVC multi-system TV and DVD player."

All Aviano members are eligible to win and can submit up to five entries. Send the "Name the Shuttle Bus" entries to: zfm@aviano.af.mil by Dec. 1. Entries will not be accepted after midnight, Dec. 1. (31st Fighter Wing Public Affairs)

## SHUTTLE, from page 1

hand in hand and piggy back off of each other," Minkos said. "The very first night we began the shuttle bus, the AADD on-call driver could not be reached and the shuttle bus picked up the member and returned them to base safely."

Volunteers from all across the base keep the shuttle bus program running. "We have a volunteer driver and shotgun rider each night for four-hour shifts," said Minkos. Volunteers must have a valid AFI driver's license and can be any rank. "We've had A1Cs and officers drive the shuttle bus," added Minkos. Shuttle bus drivers drive a manual nine passenger van, that according to Minkos, is easy to operate.

The program currently has volunteers but can always use more support. "Many squadrons help us out, but the 603rd Air Control Squadron has been very active in the program," said Minkos. "We can always use volunteers with the Airman Flyer or AADD."

The shuttle bus program is financed through various base organizations and donations. "It costs us \$125 per weekend to operate the shuttle, including gas," she added. "The last ALS (Airman Leadership School) class actually donated \$1,046 toward the program, along with several other base private organizations. Donations are always accepted for operating costs," said Minkos. The shuttle bus program is still in its infancy. Both Mazzi and Minkos have plans of expanding the shuttle route. "I foresee us adding the new club to this route and adding others as needed," said Minkos.

"In January we're going to take a look and see if the shuttle is working," said Mazzi. "We'll look at the DUI rates and see if the shuttle is being used."

So far, the shuttle bus program is accomplishing its mission. "If it saves one life, it's worth it," said Minkos.

For more information about the program or to donate money, Aviano members can call Minkos at Ext. 8466.



### Aviano Air Base Editorial Staff

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The public affairs staff reserves the right to edit all material in accordance with the Associated Press Stylebook.



# Aviano Vipers join NATO in air rehearsal

By Capt. Eric Elliott

31st Fighter Wing Public Affairs

Vipers from the 31 Fighter Wing based here joined other NATO aircraft in a combined air force rehearsal in operational airspace over the Adriatic and the Balkans on October 24.

"This was a great opportunity for pilots from the 31st to practice air operations with other pilots from throughout Europe," said Maj. Griffin Ratley from the 31st Operational Support Squadron. "We need these kinds of missions to remain proficient at operating with forces from other NATO countries."

The concept for a combined rehearsal came from Brig. Gen. Mike Worden, 31st FW commander's desire for Aviano airmen to train more with aircrews from other European bases.

"We don't have many opportunities to fly with units from RAF Lakenheath or Spangdahlem and they don't have many opportunities to fly over the Balkans," said Ratley.

The rehearsal was based on a scenario with a blue strike force complete with air superiority, forward air control, close air support, reconnaissance assets, tanker support, AWACS control and tactical ground controllers on one side and a red force with air defense capability on the other.

"Our primary objectives with this

scenario were to train at successfully integrating NATO assets to safely employ a large strike force," said Ratley. "This included establishing effective communications between the different portions of the force, eliminating air threats, defeating enemy weapons systems, and accurately hitting ground targets."

The blue team included 8 F-16s from the 510th Fighter Squadron based here.

"It was our mission put bombs on target," said Capt. Marc Garceau, pilot with the 510th. "As one of four forward air controllers, I marked the target with rockets and directed the close air support aircraft into the area. Then the CAS aircraft would come in and attack the target."

The targets were on a range near the Bosnian town of Glamoc. On the ground, a team of NATO close air support ground controllers communicated with the FACs and directed the strikes.

F-15Es from Lakenheath, F-16CJs from Spangdahlem, and Italian AMXs from Istrana joined the 510th F-16s in the CAS mission.

French Jaguars from the Escadron de Chasse 1/7's detachment at Istrana Air Base in Italy provided the reconnaissance assets for the blue team.

"We use the PR 36P pod for reconnaissance missions over the Balkans," said French air force 1st Lt. Eric Hecht, EC 1/7's press officer. "This pod

gives our Jaguars a very impressive reconnaissance capability despite the aircraft's age. Flying in an international environment helps our pilots become more proficient at this type of mission"

The french pilots took pictures of practice targets on the glamoc rang. In the future all pilots will use these pictures to familiarize themselves with the range prior to conducting missions over Bosnia.

Opposing the blue forces were four F-16s from the 555th FS stationed here and four Italian AMXs from Istrana.

NATO AWACS from Geilenkirchen Air Base in Germany, KC-10s from McGuire AFB and US and French KC-135s from Istres Air Base in France also supported the rehearsal.

During the air to air portion of the scenario, 22 of the jets, including the six Italian AMXs, were carrying URITS pods according to Ratley. These pods are GPS based and provide for visual replays of the battle area allowing pilots to analyze their tactics and identify what they did right and what they might have done wrong.

"In all, this was a very successful event," said Ratley. "Some things went very well. For example, all of our participants, coming from seven bases in five countries, arrived on station and on time. That is quite a feat. But we also identified some areas where we can improve."

## Air Force News

### Air Force lends a hand fighting California wildfires

Airmen are helping combat the wildfires raging in California, officials said Tuesday.

Two C-130 Hercules equipped with modular airborne firefighting systems began operations Oct. 27, and more will follow. The system is a self-contained, 3,000-gallon aerial fluid dispersal system that fits in the back of a C-130.

Crews from California Air National Guard's 146th Airlift Wing began flying MAFFS missions over the Simi Fire in the southern part of the state. They have dropped more than 29,000 gallons of retardant on the fire.

Aircrews from the Air Force Reserve's 302nd Wing at Colorado Springs, Colo., are also flying missions.

Pilots from the Wyoming Air National Guard's 153rd Air Wing and the North Carolina Guard's 145th Air Wing are on their way to the region with four more of the modular systems.

The fires, stretching from the Mexican border to the northern suburbs of Los Angeles, have destroyed more than 830 homes and burned out more than 500,000 acres.

California officials said the fires are responsible for at least 15 deaths.

President George W. Bush declared the counties of Los Angeles, San Diego, San Bernardino and Ventura federal disaster areas. (Air Force Print News)



Staff Sgt. Daryl McKamey

File photo—Air National Guard C-130 Hercules equipped with modular airborne firefighting systems, similar to this one, are dropping thousands of gallons of retardant on the wildfires in Southern California. The fires have destroyed more than 830 homes and burned out more than 500,000 acres. California officials said the fires are responsible for at least 15 deaths.

# Courses give students usable skills

*Career Clusters and Pathways give students career direction*

**By Scotty Govaars**

*Department of Defense*

*Education Agency*

Career Clusters and Pathways are part of a nationwide effort to help schools ensure that students get the knowledge and skills they need for multiple career choices by matching what is taught in the classroom to business and industry standards. Career Pathways consist of courses and experiences which allow students to explore careers and prepare students for two and four year colleges as well as the workplace.

The DoDEA Professional Technical Studies group has been working on developing Career Clusters and Pathways for the 85 currently-offered PTS courses.

In a May meeting in Washington, a workgroup met to look at required and

recommended DoDEA course offerings for selected pathways, industry certification opportunities for students and teachers, alignment of DoDEA standards with the courses, and recommendations of course offerings that could be delivered online or in a distributed learning model.

The "Clusters" that are currently being developed are Transportation; Business Management & Administration; Arts, AV Technology & Communications; Information Technology; Human Services; Architecture & Construction; Manufacturing; and Science, Technology, Engineering & Mathematics.

More information about Career Clusters and Pathways can be found at <http://www.careerclusters.org>

*(Department of Defense Dependent Schools)*

## Sortie Board

	31st FW		510th FS		555th FS	
	Hours	Sorties	Hours	Sorties	Hours	Sorties
<i>Goal</i>	1138.7	754	589.5	396	549.2	358
<i>Ahead</i>	50.6	7	77.3	0	0	12
<i>Behind</i>	0	0	0	5	26.7	0

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## RESCON CORNER

	<u>DUIs</u>	<u>Major Vehicle Accidents</u>
<b>Week</b>	<b>2</b>	<b>8</b>
<b>Month</b>	<b>4</b>	<b>27</b>
<b>Year</b>	<b>32</b>	<b>TBA</b>

**4:** Injuries from accidents this week

**13:** Traffic complaints this week

A technical sergeant lost control of his vehicle and crashed into a streetlight Oct. 11. The sergeant was speeding on SS13 in Fontannafredda when he swerved to avoid an animal in the road. As a result, he struck the streetlight, which broke on impact and crushed the passenger side of the vehicle.

An Aviano family member failed to yield the right of way at the intersection of Via Villa D'Arco and SP 65 in San Quirino Oct. 13. The family member pulled into the intersection and was struck by an Italian driver. The family member's car was mildly damaged and could be driven away, while the Italian car was disabled and had to be towed. The Italian woman was transported to the hospital.



Senior Airman Lakisha Croley

## Halloween fun

Lisa Bayer (center, dressed as a baby) and Donna Watts (cat woman) assist Melanie Polasek, at the Aviano Thrift Shop. The two volunteers dressed up with other shop workers to get in the Halloween spirit. The thrift shop, located in the basement of Bldg. 224 in Area 2, is open 10 a.m. to 2 p.m. Wednesdays, and 10 a.m. to 5:30 p.m. Fridays.



## Halloween happenings

Trunk or Treat is 6 - 8 p.m. today on Capt. Gori Rd. behind the base exchange. Squadrons and individuals compete for the "best trunk" award as children trick-or-treat for candy. A haunted house is today from 5 - 10 p.m. and Saturday from 3 - 10 p.m. in Hangar 6 behind Outdoor Recreation. A "less scary" version is offered from 5 - 6 p.m. today for younger children.

## Red Cross, California wildfires

Aviano members with relatives living in southern California who might be affected by the wildfires there can use the Aviano Red Cross to check on their welfare. The Aviano Red Cross will dispatch an inquiry to the Red Cross chapter in California. The Red Cross will attempt to locate relatives, and will send a reply regarding their whereabouts and welfare. Call Ext. 5576 for more information.

## Holiday mailing deadlines

Space available packages must be mailed by Nov. 20. Priority air must be sent by Dec. 4. Priority parcels and first class letters and cards must be mailed by Dec. 11. The deadline for mailing express mail is Dec. 18. Call the Post Office at Ext. 4086 for more information.

## Spouse's Benvenuti

Spouse's Benvenuti meets 8:30 a.m. to noon next Monday to Wednesday at the Aviano Family Support Center. The class is geared toward family members who wish to learn about Italy in a relaxed setting while meeting others. The class is not for newcomers only and includes a

trip to a local market. Call Ext. 5407 for more information.

## Saturday Night Alive

An evening of fun and fellowship is planned for 9 p.m. Saturday night for single airman. The night includes free snacks, music provided by a DJ, pool table, "X-Box" and games. Contact the Community Center at Ext. 5479 for more information.

## Scholarship opportunities

The Aviano Top Three Association is offering \$500 in scholarships each school term to active duty members in grades E-1 to E-6 and their spouses. Submissions are accepted until Oct. 31 and can be e-mailed to russell.steger@aviano.af.mil. Winners will be announced Nov. 7. For more information contact Senior Master Sgt. Steger at Ext. 7341 or via e-mail.

The Dolomiti Chapter of the NCOA is offering \$600 in scholarships each school term to active duty members in grades E-1 to E-6 and their spouses or dependents. Scholarship submissions are accepted until Nov. 11 and should be forwarded to Master Sgt. James Clark via e-mail or faxed to Ext. 5783. For more information contact Master Sgt. Clark at Ext. 5769 or via e-mail at james.clark@aviano.af.mil.

## Road closure in Area F

Due to rain road construction in Area F has been delayed. The area affected is the road adjacent to the strat pads on the north side of the flightline where a new North Hot Pit fuel distribution line is being installed. The construction should be

completed by Nov. 5.

## Home School meeting

The Aviano Home School Organization is holding an informational play day 10 a.m. to 2 p.m. in Area D Nov. 7. Contact Michelle Jones at 0434917102 for more information.

## Carnival

The Aviano Girl Scouts are hosting a carnival 10 a.m. to 2 p.m. Saturday in the multipurpose room at the school. The carnival is open to all members of the Aviano community and features games, prizes and food.

## Reunion briefing

Post deployment/in processing briefings are presented every Mon at 10 a.m. at the Family Support Center. Spouses are highly encouraged to attend. These presentations can be arranged at the Squadron level for entire units that are returning from deployment. Call Ext 5663 for more information.

## Career fair volunteers needed

Aviano High School hosts its first Future Fair 10 a.m. to 2 p.m. Nov. 6 in the Information Center. Volunteers are needed from individuals who attended two-year and four-year colleges, certificate programs, technical schools and others. Career representatives from all career fields are also invited to participate. Call Cheryl Owen at Ext. 5919 or Dee Oleson at Ext. 5619 for more information or to volunteer.

## University of Maryland Mannheim

The University of Maryland University College is holding an open house program beginning at 9:45 a.m. Nov. 8 for those interested in attending the Spring 2004 semester. Call DSN 380-4877 for more information.

## University of Phoenix

The University of Phoenix is now enrolling for the Winter Session. There are classes forming now for both Masters in Business Administration and Masters of Arts in Education programs. Stop by the the Education Center or call Ext. 5139 for more information.

## Myers-Briggs for couples

Learn about the four basic personality components and how yours might differ from your partner's. Classes run for three consecutive Tuesdays at 8 p.m. starting Tuesday. Call Ext. 5667 to register and arrange to get a copy of the Myers-Briggs to fill out before class begins.

## Case lot sale

There is a Procter and Gamble case lot sale Nov. 7-9 at the commissary.

## Reel Times

### Today - 1 p.m. "Spy Kids 3D: Game Over" PG

Carmen is kidnapped and transported into a virtual reality game created by the Vega family's evil enemy, the Toymaker. Starring: Alexa Vega and Sylvester Stallone

### Today - 8 p.m. "Matchstick Men" PG-13

A professional con man suffers from obsessive-compulsive disorder that keeps his life, and that of his partner Frank, very organized. Starring: Nicolas Cage and Sam Rockwell

### Saturday - 2 & 7 p.m. "Spy Kids 3D: Game Over" PG

### Sunday - 7 p.m. "Matchstick Men" PG-13

### Monday, Tuesday, Wednesday - Closed

### Thursday - 11:30 a.m. "Atlantis: Lost Empire" PG

### \$1 children's movie matinee

### Thursday - 7 p.m. "Grind" PG-13

Adventure about four dudes who follow a skateboarding legend around on his summer tour. The four perform wild stunts to get the attention of a major sponsor. Starring: Colin McKay

### Nov. 7 - 5 p.m. "Secondhand Lions" PG

Great-uncles of a teenager care for him over a summer in Texas.

### Nov. 7 - 8 p.m. "S.W.A.T." PG-13

Hondo, a grizzled S.W.A.T. veteran must recruit and train five new officers to join Los Angeles' Special Weapons and Tactics team. Starring: Samuel L. Jackson and Colin Ferrell

# Evaluation shows leadership is all around you

**By Senior Master Sgt. William Hartley**

*752nd Munitions Support Squadron first sergeant*

VOLKEL AIR BASE, Netherlands (AFPN) — As airmen, we are constantly reminded we are all leaders, and as we gain rank and responsibility, the ability to lead becomes more critical.

While I was preparing for promotion testing by reviewing the Promotion Fitness Examination Study Guide, Chapter 7, "NCO Leadership," I was taken aback by the paragraph on self-evaluation and how it is hard to be the complete leader. Rarely will people find someone who can say, "Yes" to each of the questions. So I tried to think of an example, and realized that great leadership is evident in each NCO assigned here.

New NCOs only have to use their eyes and ears to gain fantastic examples of what works and what doesn't. Great leadership examples aren't exclusive to colonels and chief master sergeants, but are also displayed by our youngest and brightest airmen.

For example, question No. 1 asks: "Do I have the courage to make tough decisions and stand by them?"

This is the toughest question and the most difficult for young supervisors to do. The example I use is a technical sergeant giving an honest, less than firewall mark on an enlisted performance report after repeated feedbacks failed to bring the expected behavior. The troop might have been bright, energetic and very popular within the unit, but he failed to complete mandatory training in the prescribed time. The technical sergeant stuck to his guns on the rating, despite the scrutiny. That is a leader.

Another example reflects on question No. 10: "Am I willing to accept my subordinate's failures as my own, yet immediately recognize their successes as theirs?"

My organization recently completed an in-depth inspection to prepare for our upcoming surety inspection. Within one flight, there were significant failures as well as noted strengths. This particular superintendent was the first to congratulate his airmen whose duties were recognized as superior and accepted the failed areas as his own.

My favorite question is No. 9: "Do I really listen? Can I withhold judgment until I have all the facts?"

Though I have been a first sergeant only a short time, I have been blessed to work for two different commanders who display the gift of patience. They always seem to draw all the appropriate information out of folks before acting. This is leadership at its finest.

Lastly, question No. 4: "Am I willing to do my best with what seems to be inadequate means?"

During one of my work center visits, our communication maintenance shop was troubleshooting a piece of equipment. Frustrated that the equipment wasn't responding according to the technical order, I asked if they had additional references. I was surprised to learn that most problems encountered with this equipment weren't listed in the technical order. Over time, they had built an in-house checklist of potential fixes and continued to add to it as unique challenges faced them. Everyday NCOs are doing their best with inadequate technical data to keep the mission going. Fantastic leadership.

It is rare that you will find the perfect leader. Each of us contributes based on our strengths. Each of us has shortcomings to improve. I urge new staff sergeant-selects to look around when seeking lessons in leadership. They are all about us. (*Courtesy of U.S. Air Forces in Europe News Service*)

## How to rein in your inner workaholic

**By Lt. Col. Bill Starr**

*4th Command and Control Squadron commander*

F.E. WARREN AIR FORCE BASE, Wyo. (AFPN) — One summer evening, my boss strolled by my house and saw my wife and children sitting on our front porch. He asked her where I was. My wife told him I was still at the office. When she relayed this to me, in the egotistical corner of my heart I secretly hoped he was impressed by my work ethic.

The next morning, my boss called me. I expected a verbal pat on the back for my diligence and hard work. Instead, he asked me what I was doing so late at the office and asked if I had been doing that every night since taking over. I told him I had indeed been working late every night.

Contrary to the kudos I expected, he told me anyone could be a workaholic and achieve great things professionally. He had hired me to perform and excel in not one but two areas: my professional and personal life.

I examined my professional, family and personal life and found that they weren't in balance. So I made a commitment to myself to work on achieving a better balance in

these three areas.

My professional life. I've always been a competitive person by nature, and I don't think there are many people that hang around in our profession who aren't. I discovered over the years I had slipped into a pattern of late work hours, bringing work home, going in on the weekends and never quite mentally disengaging from the office. I justified this by trying to stay competitive with my peers and to make sure my work output was beyond reproach. Don't get me wrong, mission dictates a lot of long, hard work for all of us and when duty calls, we must answer. However, I'm talking about putting in the long hours simply because it has become a habit that becomes the major focus in your life.

My family life. In conjunction with my slow drift into being a workaholic, I discovered that I had put in very little quality time with my family. My excuse was always that there was work that had to be done so I was going to be home late. Stress from work became my excuse to not get involved at home.

My personal life. Growing up, church and sports were a big part of my life. Over the

years, without realizing it, I had reduced my worship to only the major holidays and my physical activity to the bare minimum required to pass the annual physical fitness test. Again, my excuse to myself was I was at the office on Saturday, so my only chance to relax was Sunday. My failure to routinely participate in sports and physical activity fell along the same lines.

After looking at these three areas of my life and realizing things were sufficiently out of whack, I made a conscious decision to achieve balance.

I found out a very simple truth. I was a workaholic because I was afraid to fail in my professional life. What I discovered was that once I was able to take the risk to slow down at work and placed more emphasis on my family and personal life, my professional performance actually improved. I was able to get more done in less time. I was less stressed out and was nicer to the folks at work, and, all in all, I enjoyed all the facets of my life more.

Having said that, I must be honest and tell you that I'm writing this while sitting on an airplane on the first day of our family vacation. Old habits die hard.



# Stay-at-home parenting: No man's land, till now

By Senior Airman Julie A. Weckerlein  
Vigileer editor

I didn't overreact when my husband came home from a spouse group meeting, wanting to know if I'd be okay with the idea of him attending a pajama party with more than 30 other women.

I didn't even bat an eye.

It's all part of the thrill of being the active duty wife to a husband who's, well, whatever you call it; spouse, dependent, male family member, the guy who doesn't bring home the paycheck.

It isn't always easy.

When Martin finds himself at a spouse-related event, he usually finds he's the only guy there. And if there are other men around, he's the only one with a goatee.

There's been times when cashiers mistakenly ask for his rank and squadron when I write out a check. Rank: No. 1 Husband. Squadron: In the World.

He's sometimes called a modern hero for leaving his military career as a tank commander to support mine.

Yet, people are sometimes almost apologetic when they learn he's not the breadwinner of the family.

It wasn't so bad when it was just the two of us. But then our daughter came along, and the difference between Martin and female spouses became clearer. And one title became far more prominent than any other: stay-at-home dad, or SAHD.

Whatever odd experiences came out of him being a male spouse doesn't compare to what he's found so far as a SAHD.

Our daughter's often changed in the trunk of our car because few men's public bathrooms on base have a diaper-changing station.

He's been chastised for his "lack" of maternal child-rearing skills. His favorite remark so far? "If that child's mother was around, she'd know to put a hat on that baby's head."

He's been referred to as Mr. Mom.

Obviously, my husband appreciates the art of diplomacy and has encountered the awkward moments with a sense of humor. It hasn't been all bad. On the contrary, a lot of female spouses are happy to help Martin out and offer advice on parenting in a

## AvianoDads Playgroup

9 a.m. to 11 a.m. Tuesday at the  
Aviano Community Center ballroom.

Aviano fathers with children of all ages are welcome to attend. Games, toys and nutritious snacks will be available for the children. For more information, write to [avianodads@yahoo.com](mailto:avianodads@yahoo.com).



military world. But he's found it's much harder being a military SAHD than being a military male spouse.

And he's also found, to his relief, that he's not really alone.

A number of husbands in Aviano are SAHDs, either by choice or circumstance. But it seems as if they aren't aware of each other. In fact, it's from the wives of the SAHDs that Martin learns of them. The conversation inevitably starts with "Oh, my husband takes care of our kids, too." Martin then hears of yet another devoted father who wants their child to have social interaction with other children, but feels uncomfortable about being the only dad around in a seemingly mothers-only environment.

Hence, AvianoDads. It's an opportunity for those SAHDs to come out and meet each other.

It's to bring together children who wouldn't normally get a lot of interaction with other kids. It's to give Aviano SAHDs a chance to talk about the things that uniquely affect them, whether it be an insane interest in sports or the unfamiliarity that comes with sending a wife off to war. And, hopefully, the group becomes a springboard for SAHDs to contribute to other areas of the community.

After all, Martin doesn't want to give up his part in other spouse-related activities. Which brings me to our next dilemma; does he look better in flannel or silk?

## Kudos

The Aviano Thrift Shop volunteers thank **Jill Butterfield** for her dedication and support of the organization for the past three years. She helped turn the shop into the successful organization it is today. Her smile and professional service will be missed by customers and workers alike. We wish her all the best.

- Aviano Thrift Shop Volunteers

"I just wanted to thank you very much for putting the **Vigileer online**. You do a great service by doing this not only to your servicemember, but also to the family members back home. I look forward to each and every posting of the Vigileer. Keep up the excellent work."

- Debi Bowers,  
a thankful military mom

(Editor's note: The Vigileer online is updated Fridays and can be found on the

Aviano Intranet or at <http://www.aviano.af.mil>.)

The Aviano Officers' and Civilians' Spouses' Club sends out a heartfelt 'thank you' to the **Aviano community** for another wonderful and successful Bella Befana Bazaar. We thank all of those who came and shopped at the bazaar. We thank all the **great volunteers**; without them, the event can not take place. We thank the **31st Services Squadron**; they give us so much support and their help and knowledge is invaluable.

Thanks to **AFN-Aviano** and the **Vigileer** for their continued support in letting the Aviano community know what is happening around the area. Thanks to the **owners of Hangar One and Two**. We thank members of the **31st Security Forces Squadron**, especially **Master Sgt. Ed Keller**, for their support in making the bazaar a safe one. The vendors told the committee members

that even though the Aviano community is small, they love to participate in our bazaar. Hats off to you, Aviano.

- The AOCS Club

"I have to give a shout-out to the **Aviano Bowling Center**, especially to **Mary Anne** and **Nicole** who work there. I recently threw a birthday party there for my husband with about 45 guests of all ages. From the moment I first requested the alley to the moment we cleaned up the last party streamer, I received excellent service all around. The two young women made sure we had everything we needed for a great time. It was so much fun for everyone, and a lot of that comes from the great service provided. Thanks for everything. You guys were great."

- Senior Airman Julie Weckerlein,  
Vigileer editor

# First sergeant billets now special duty

**By Airman 1st Class  
Jessica Switzer**

*31st Fighter Wing Public  
Affairs*

As an Air Force family member I lived a special life. As the daughter of a first sergeant it was even more special.

Sure there were the two a.m. calls that woke the whole house up and Dad often had to leave in the middle of church services or a family dinner to deal with some airman who got in trouble, but I never had any real problem with it. It was a part of his job, and these nameless airman were people too and they needed help. I was proud of my father for helping these people when they needed it.

When Dad became a "Shirt" I didn't really understand how important his new job really was. Now that I have joined the military myself I have seen just how much of an impact a good first sergeant can make.

Unfortunately the Air Force has experienced a manning shortfall in first sergeant billets in recent years. Air Force officials expect to release a list of master sergeants selected as candidates for first sergeant special duty, said Senior Master Sgt. Chris Anthony, first sergeant special-duty manager at the Pentagon.

Since volunteers only fill two-thirds of the Air Forces requirements for "Shirts" this list will fill in the remaining empty spots. This is a part of the new First Sergeant Selection Process.

"Being a first sergeant is

tough," said Legree. "...the most rewarding challenges often are."

This list is just the first step in helping this unique and important special duty to recover from its slow decline.

"Since the beginning of 2000, first sergeant manning has steadily decreased from 96 to 89 percent, while the rank structure has become significantly imbalanced" said Chief Master Sgt. of the Air Force Gerald Murray. "I believe anything less than 100-percent manning is unacceptable to properly lead and care for our enlisted force."

My father has always loved being a first sergeant. It was his love of the job that allowed the rest of my family to support him through the long nights and early days. I think that without support from us he would have gone back to the flightline after a few short years. He wouldn't have been the great shirt he is now after nearly seven years in the game.

We understood that he was in it for the people, his troops, and that was what makes any shirt excellent.

"In your heart there's nothing more important than people and the struggle of day-to-day life," said Master Sgt. Tony LeGree, 31st Civil Engineer Squadron first sergeant.

Some of the lack in volunteers to be first sergeants may be due to the perception that it may affect a person's promotion ability.

"We promote at the same level as other air Force (specialties)," said Anthony.

"The reality is that you have the same opportunity to get promoted as a first sergeant as you do anywhere else."

Anthony said that the difference is in the quality of people in competition for the promotion.

"The competition is a little different," he said. "As a first sergeant, you are in a special duty where you are competing against other first sergeants, all with stellar records. We don't bring in anything less than outstanding noncommissioned officers in this job. That tends to make the competition a little tougher."

This change of the position to a special duty assignment is also recent, said LeGree.

"Too often great shirts got passed over for their next stripe," he said.

Competition is fierce and professional development prompted the Air Force to change the career field to a special duty assignment, said LeGree.

"Since Oct. 1, 2002, once you're approved and have completed formal training, you're assigned to a three-year commitment, with an option to extend," he said.

Anthony said that those who serve a tour as a first sergeant actually increase their chances of promotion when they choose to return to their primary career field.

"For those (who) depart first sergeant duty after three years, it is a big career enhancer for them," he said.

"Our numbers show that 87 percent of master sergeants who return to their primary (specialty) after having performed first sergeant duty get promoted to senior master sergeant the first time testing. Promotion boards look favorably on first sergeant experience."

Dad was never in it for promotion, so it never has bothered him that he'll never make it to senior master sergeant. He is in it for the people, pure and simple.

The list will be released in November and will contain about 400 names, only about 120 will make it to full first sergeant status, said Anthony. At this rate, the Air Force expects to be fully manned by sometime in 2006.

This is an opportunity for a master sergeant to prove his mettle, and make a difference on the young airmen who rely on their shirts to be there for them.

Dad never shied away from giving someone a good kick in the pants when they deserved it, but if someone was obviously trying to better themselves he helped them any way he could. Anyone out there can make an impact on someone's life.

A briefing on the new program will be held Monday. This briefing is mandatory for all master sergeants and master sergeant selects. For more information on how to become a first sergeant members can contact their first sergeants.

## New to the Blue

**Mitchell Gregory Beach** was born Aug. 21 to Yvonne Beach, 16th Air Force, and Tech. Sgt. Benny Beach, 31st Civil Engineer Squadron.

**Edward Joseph Ford** was born Oct. 3 to Amanda and Tech. Sgt. Sean Ford, 31st Security Forces Squadron.

**Vicente Ramon Verdugo** was born Aug. 24 to Monica and Capt. Frank Verdugo, 31st Comptroller Squadron, and sister Mia, 2.

**Cristina Elizabeth McCoy** was born

Oct. 1 to Peggy and Master Sgt. Ian McCoy, 603rd Air Control Squadron.

**Anthony Joseph Guz** was born Sept. 21 to Rebecca and Tech. Sgt. Joseph Guz, 31st Operations Support Squadron.

**Julia Mari Jerome** was born Oct. 14 to Lisa and Stephen Jerome, both of 31st Services Squadron, and brother Sean Michael, 15 months.

**Zeth Araneta Rosell** was born Oct. 16 to Christina Cecilia and Senior Airman Zuri Rosell, 31st

Communication Squadron and brother, Ruiz, 6.

**Emily Sue Kriegel** was born Oct. 14 to Josephine and Larry Kriegel, 31st Maintenance Squadron, and sisters Angelina, 14 and Nikki Jo, 20 months.

**Karsyn Isabella Mitchell** was born Oct. 8 to Charity and Staff Sgt. Roger Mitchell, 603rd ACS, and brother Tyler, 5.

**Trevor Grant Carson** was born Sept. 21 to Amanda and Capt. Keith Carson, 510th Fighter Squadron.



# Week in Photos

*A look at what's  
happening at Aviano*

## Stamped

Senior Airman Antonio Green, 31st Logistics Readiness Squadron checks his mail at the Aviano Post Office, beneath student artwork. Mrs. Hopf's 2nd grade art class of 125 students at the Aviano Elementary School created the stamps for National Stamp Collection Month.

*Airman 1st Class Nichole Adamowicz*



*Staff Sgt. Staci Rosenberger*

## Make a difference

Aviano family member Danielle Gutierrez, age 8, takes part in the annual Make a Difference Day with her Girl Scout troop by clearing out some weeds in the retention pond. About 147 people participated in the event.



*Senior Airman Lakisha Croley*

## Change over

Lt. Col. Joseph Guastella takes the guidon from Col. William Becker, 31st Operations Group commander, in a Change of Command ceremony. Guastella assumed command of the 555th Fighter Squadron on Oct. 24.



## Halloween teens

Aviano teens hang out with a counselor at the Aviano Youth Center. All teens are required to have a Teen Access Card (TAC) or Aviano Youth Program membership card to use AYP facilities, including the Teen Room. Parents may register for the AYP membership card at the AYP, bldg. 110 or the TAC card in the Teen Room.

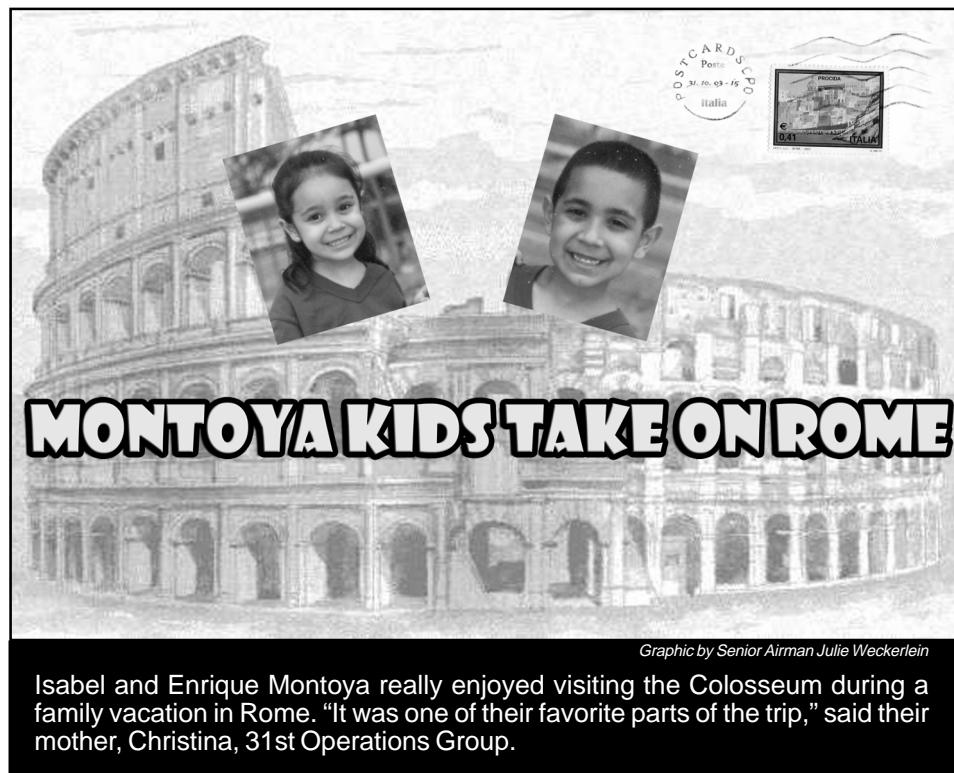
*Senior Airman Lakisha Croley*

**P** Kids just wanna have fun, and Enrique "Smiley", 7, and Isabel Montoya, 5, are no exception. **O** The siblings found fun and more when they recently took the train to Rome, Italy with their parents, Christina of the 31st Operations Group and Tech. Sgt. Cesareo of the 603rd Air Control Squadron. **S** Whether pretending to be gladiators in the Colosseum or bowing their heads in the presence of the Pope, the Montoya kids took on Rome full force.

**Full speed ahead** The family took the Eurostar train to Rome. "We splurged and went first class, the only way to go on the Eurostar. The kids loved it. They enjoyed it as much as the city itself," said Christina. Schedules and train ticket prices are available on the Internet, at most European travel sites.

**Soulful site** Even on vacation, the Montoyas were able to experience a lesson in faith when they saw the Pope in person. "We saw him at the Papal audience held at his summer home. We were about 20 feet away from him, and he gave a wonderful service despite his frail condition," said Christina. The kids sat on their parents' shoulders to get a good view above the crowd. "They were impressed with it. Isabel was really awed by the rosaries sold there. She thought they were beautiful," she said.

**Roman warriors** The Colosseum commanded a burst of energy from Isabel and Enrique the minute they saw it. "They recognized it from the Scooby Doo movie," said Christina. Though the concept of ancient history was a little lost on the



young pair, the idea of brave gladiators and Roman games enriched their imagination. "Smiley really got into it," she said.

**Gelato and Spanish steps** Eating some ice cream while sitting on the popular tourist site was a great moment for the family, as was visiting the ancient ruins. "To read about it is one thing, but to be there in the middle of it all is simply amazing," said Christina.

**Good to know before you go** The

Montoyas signed up for a travel package, which Christina recommends for families with children. "Getting the package that included the hotel, tours and transportation takes away a lot of stress," she said. She also encouraged people not to go in July or August due to the heat and crowds, but they should make a trip to Rome a priority. "Prepare to be awe struck by the history and beauty there. A text book does not do this beautiful city justice."

Aviano members can share their travel experiences through *Postcards*. Simply send an email to [vigileer@aviano.af.mil](mailto:vigileer@aviano.af.mil), telling us about where you've been, what you did and what you loved about it. To submit a postcard, send a trip photo along with an email describing your trip.

## Information, Tickets, Travel

- Gastronomical tour of Parma includes visit to Prosciutto factory - Saturday
- Guided Florence - Saturday
- Wine Tasting in Tuscany: Chianti, Castles and Hills - Nov. 8 and 9
- Castles in Austria - Nov. 8
- Christmas shopping - Nov. 11, special Veteran's Day
- San Marino and Ferrari Museum - Nov. 15
- Guided Innsbruck and panoramic excursion to Olympic Trampolin - Nov. 15.

Those going on ITT trips should note weather conditions and dress accordingly. Comfortable shoes are advisable since almost all tours involve walking.

For more information, call Exts. 5072 or 5026. (31st Services Squadron)

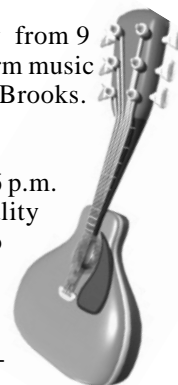
## Aviano Activities

### Country music concert

The band Whiskey River performs today from 9 p.m. to 1 a.m. at Sabre Hall. They will perform music from Brooks and Dunn, Lonestar and Garth Brooks.

### Roasted chestnut festival

The Roasted Chestnut Festival begins at 6 p.m. Saturday in front of the Aviano Municipality building. It's customary for local people to gather on that day to show thanks for the summer season harvest. Today is also the first day the locals can serve a new wine, called "novello." The Aviano Pro Loco organizes the event.



### Improv Interrupted

The Aviano Community Theater performs "Improv Interrupted" at 8 p.m. Nov. 7 at the Aviano Community Center. The show has no script and no props, but lots of imagination and audience participation. It's similar to the television show "Who's Line is It, Anyway?" The improv show is for adult audiences only.



## Returning champions defend title

# OSS, CE face off in flag football championships

By Trevor Jackson

Aviano Intramural Sports Director

The defending Intramural Flag Football champions, 31st Operations Support Squadron, squared off Tuesday night against 31st Communications Squadron to determine who would be this year's base champion.

The entire first half was a defensive battle with both teams unable to score until OSS communications on the offensive line were severed by Comm, resulting in a safety, the only points scored during the first half.

The second half, like the first, was a defensive struggle between the two power houses. The game looked as though it would end with a 2-0 score, until the OSS scored the game's first touch down with less than 3 minutes left in the game.

OSS failed to make the extra point, making the score 6-2 with only 1 minute 17 seconds left in the game. On the next kick off, Comm's morale was boosted by getting excellent field position due to a poor kick. Comm was now only 17 yards away from a base championship. Time was running out as Comm inched towards victory.

In the final seconds of the game, one pass would stand between victory and defeat. Comm's quarterback calmly stepped up to the line to look over the defense, barked his cadence, received the snap, dropped back, and released the ball. Game over... interception.



Master Sgt. Oliver Fisher

The 31st Operations Support Squadron defended its flag football title against the 31st Civil Engineer Squadron Oct. 21. Several squadrons from around the base competed against each other through out the season.

"Comm attempted to go for it all but came up short," said Maj. William Crowe, 31st OSS director of operations and team member. OSS retained their title as the Base Intramural Flag Football champions.

"It felt great to repeat as champions. Comm and CE doubted that we should

have been there, but we showed them that team football won out. The other teams didn't sit there and say 'All we need to do is stop this guy and the OSS is done.' Just 12 guys who went out there, played great team ball, and left everything on the field," said Crowe.

## Sports Briefs

### Turkey Trot

The Turkey Trot 5k run/walk begins at 11:30 a.m. Nov. 21, at the Dragon Fitness Center. For more information, call Ext. 7459

### Certification class

There is an Aerobics and Fitness Association of Americas Certification course and Class series Nov. 22 to 23. The deadline to register is today. For more information, call Allison at Ext. 7459.

### Aviano Golf Course

The golf course is having a Halloween Night tourney 7 p.m. today. The entrance fee is \$10.

A Turkey Shot Tournament is 8:30 a.m. Nov. 15. The entrance fee is \$5.

### Aviano Bowling Center

The bowling center holds their first tournament of the season Nov. 8. It is 9 Pin No-Tap. Check in is 7 p.m. Bowling starts at 7:30 p.m. Entry fee is \$20. For more information, call Ext. 7487

### Ice hockey

The Aviano Ice Hockey season has begun and the team is

starting to put together its roster. Practices are held in Claut every Tuesday and Friday 6:15 p.m. to 8:30 p.m. For more information call Brian O'Connor at Ext. 7801, Roberto Scussat at Ext. 4664 or Billy Liska at Ext. 8767.

### Winter Lessons

Aviano Outdoor Recreation is offering ski and snowboard lessons. The registration for classes ends Dec. 1. For more information, call Ext. 8623.

### Gold Pin Strike

"Gold Pin Strike" is when the gold pin appears as the head pin and the bowler rolls a strike. The bowler will receive a free game coupon, but must notify the staff prior to rolling. This is only offered during open bowling and is not valid with lane bumpers. For more information, call Ext. 7487.

### Outdoor recreation

Winter equipment rental starts Monday. Equipment includes: carving skis, snowboards, boots and poles. Also available are ski and snowboard magnetic roof racks for all cars.

Aviano community members can stop by Bldg. 1479 for a complete list of rental equipment. Hours are 8:30 a.m. to 6 p.m. Mondays, Tuesdays, Thursdays and Fridays; 9 a.m. to 5 p.m. Saturdays and closed Wednesdays and Sundays. Call Ext. 8623.